

## ABSTRACT OF THE DISCLOSURE

An ingredient for a microwaved food item, an ingredient and food item combination, and a method of preparing an ingredient. The ingredient includes a gelatinous base and one or more  
5 additives that are mixed with said gelatinous base to form a mixture. When heated in a microwave oven, the mixture releases steam with the one or more additives onto the food item to add flavorings, aromas and/or colorings to the food item.